



# **ADHD Conflict Resolution Analysis Worksheet for Parents**

**“Having a passion for understanding conflict creates a path for progress.”**





## **Section 1: Identify the Conflict**

### **Participants:**

List the individuals involved in the conflict, including yourself and your child.

### **Description of Conflict**

Briefly describe the conflict or challenging situation that occurred. Be specific about what triggered the conflict.

## Section 2: Analyze Triggers and Contributing Factors

### Triggers:

Identify the specific factors or actions that triggered the conflict. Consider both immediate triggers and underlying causes.

### Contributing Factors:

Explore any external factors (environmental, situational) and internal factors (emotional states, stressors) that might have contributed to the conflict.



## Section 3: Emotional Responses

### **Your Emotional Response:**

Describe your emotional state during the conflict. Consider feelings of frustration, anger, confusion, etc.

### **Child's Emotional Response:**

Reflect on your child's emotional response. How did they express their feelings during the conflict?

## Section 4: Assess Communication

### **Communication Styles:**

Identify the communication styles used by both you and your child during the conflict. Consider verbal and non-verbal communication.

### **Effective/Ineffective Communication:**

Evaluate whether the communication strategies used were effective or contributed to the escalation of the conflict.

## Section 5: Resolution Strategies

### Strategies Used:

List the strategies you employed to resolve the conflict. Include any attempts at compromise or de-escalation.

### Outcome:

Describe the outcome of the conflict resolution attempt. Was the conflict resolved, or is it ongoing?

## Section 6: Lessons Learned and Improvement

### Lessons Learned:

Reflect on lessons or insights gained from the conflict. What can you learn from this situation?

### Improvement Plan:

Outline specific steps or strategies you can implement in the future to improve conflict resolution and prevent similar conflicts.



# Conflict Resolution Analysis Worksheet for Parents Brain Dump

Write down all of your thoughts, feelings, concerns, frustrations, wants to help facilitate the ability to problem solve.

What made you angry?

What frustrates you?

What would make you happy?

What is it you want if you could waive a magic wand?

What is your biggest concern or worry?

How could you compromise? Why are the other options difficult to be ok with?

# Conflict Resolution Analysis Worksheet for Parents

## Discovery Process

List Participants

Describe the conflict.

What were the triggers?

What was your emotional response (parent)?

What was your child's emotional response?

What were the contributing factors?

What Communication styles were used  
(verbal & non-verbal)?

# Conflict Resolution Analysis Worksheet for Parents Improvement Plan

What's your goal?

What was effective in the communication styles during the conflict?

What was ineffective in communication during the conflict?

What would you like to do in the future?

What can you let go of in future conflicts to help de-escalate the conversation?

What strategies have you used that worked that you'd like to replicate in the future?

What actions do you need to take to meet your goal before a future conflict or during the conflict?